



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

AUGUST 2026

Welcome to our August Enewsletter. We hope you're managing to stay cool and safe during this ridiculously hot weather!!

FUNDRAISING

Charity Firewalk

Saturday 21st November 2026 4pm onwards
Lottbridge Golf Club, Lottbridge Road, Eastbourne BN23 6QJ

Local Lotteries

Support SASBAH on Local Lotteries – Eastbourne and Horsham

You can sign up for as little as £1 a week. If you would like to give it a go, just click on one of the links and go straight to our page:

- Eastbourne
<https://www.eastbournelocalottery.co.uk/support/sussex-association-for-spina-bifida>
- Horsham
<https://www.horshamdistrictcommunitylottery.co.uk/support/sasbah>

SASBAH gets 50% of all ticket sales from our page. Good Luck

SOCIAL ACTIVITIES

Lisa - Contact by phone or text on 07725 433136, email lisa@sasbah.org.uk, or message on Facebook, Messenger or WhatsApp.

August

Mon 3rd, Lunch at Toby Carvery, Crawley, 12.15pm.

Thurs 6th, Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

Fri 7th, Friday Lates. 'A night at the movies', 6-8pm Carfax, Horsham, FREE ADMISSION.

Mon 10th, coffee and chat at Muffin Break, Swan Walk, Horsham, 1-2.30pm.

Wed 12th, Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley.

Thurs 13th, Pub lunch/drinks at The Fox and Hounds, Haywards Heath, 12-2pm,

Fri 14th, Friday Lates. 'That Brit Pop Band', 6-8pm Carfax, Horsham, FREE ADMISSION.

Fri 21st, Worthing Support Group and crafts, North Star. Worthing, 12-2.30pm.

Fri 21st, Horsham Lates. 'This is Queen', 6-8pm Carfax, Horsham, FREE ADMISSION.

Mon 24th, coffee/lunch at Italian Kitchen, County Mall, Crawley, midday.



Social Activities cont

Lisa

August cont....

Thurs 27th, Lancing coffee and walk, 2-4pm.

Fri 28th, Mid Sussex support group, Southdown Nurseries, Hassocks, 12-2pm.

Fri 28th, Horsham Lates. 'The Dhol Collective', 6-8pm Carfax, Horsham, FREE ADMISSION.

September

Thurs 3rd, Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

Wed 9th, Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley.

Thurs 10th, coffee at Ground-in the park, Beech Hurst Park, Haywards Heath, 1.30-3pm.

Mon 14th, bowling, arcade and lunch/coffee at Hollywood Bowl, Crawley, 12-2.30pm.

Fri 18th, Worthing Support Group and games, North Star. Worthing, 12-2.30pm.

Fri 18th-Sunday 20th Breakaway. Young People's residential outdoor activity break, Lodge Hill, Pulborough. Please contact us for further information

If possible, please let us know if you're planning to join us on any of these events, as we may cancel it if we think it will not be attended. Although unusual, events may also be cancelled due to bad weather or illness, so we advise everyone to check with us before attending.

You can contact me by phone or text on 07725 433136, email me at lisa@sasbah.org.uk, or message me on Facebook, messenger or WhatsApp.

If you can't get hold of me, make sure you leave a message and I'll get back to you as soon as I can. If your message is urgent, you can contact our office during the daytime on 01825 873045.

We welcome anyone connected with SASBAH, including service users, family members, carers, volunteers and friends. All the venues we use are accessible to the best of our knowledge at the time of printing.



Social Activities cont

Rom

Contact Rom on 07779038542/rom@sasbah.org.uk

August

Sat 1st Silent Disco at 39 Church St, Eastbourne – 6-9pm

Fri 7th Hastings and Rother support group at The Pelham in Bexhill 12.30-2.30pm

Sat 8th – Lunch at The Harvester, Polegate - meet at Midday

Wed 12th Movie Night at 39 Church St, Eastbourne 5-7pm

Sat 15th Lunch at The Custom Café, Little Common - meet at Midday

Wed 19th Outdoor Sports Day at Gildredge Park Eastbourne 10am-3pm

Sat 22nd Crazy Golf on Hastings seafront meet at Midday

Tue 25th – Beach picnic Eastbourne meet by the RNLI shop 11am-3pm

Sat 29th Lunch at the Rodmill Pub, Eastbourne - meet at Midday

September

Fri 4th Hastings and Rother Support Group at The Pelham, Bexhill 12 30pm

Sat 5th Lunch at The George Hotel, Hailsham - meet at Midday

Sun 13th Live Music from Tom Fitzpatrick at The Rodmill Pub, Eastbourne. 4pm start

Sat 19th Lunch and walk at Sovereign Harbour, meet at 11am

Sat 26th Lunch at the Rodmill Pub, Eastbourne – meet at Midday

Amanda

Contact Amanda on 07713082294/amanda@sasbah.org.uk

Tenpin Club

Every Monday except during School holidays

September 7th, 14th, 21st, 28th

Time 4.45pm-6.15pm cost £5.00 per week.

Bournefree

Every Wednesday – 5 – 7pm

All sessions at 39 Church Street, Eastbourne BN21 1HP unless otherwise stated.

August

5th Pyjama party and sing along

12th Movie Night with refreshments

19th Swoove

26th Games in the park

September

2nd Pamper session – please bring a towel

9th Arts and Crafts

16th Quiz

23rd Yoga

30th Candle Making

DIGITAL ACTIVITIES

Virtual Adviser sessions are hosted by Zoe who can be contacted at zoe@sasbah.org.uk For queries about any other activities please email office @sasbah.org.uk. Please also check our Facebook page for any additional activities.

August		
Mon 3 rd	Virtual Advisers	1pm
Tues 4 th	Bingo	5pm
Thurs 6 th	Art With Hilary	5pm
Thurs 13 th	Art With Hilary	5pm
Mon 17 th	Virtual Advisers	1pm
Thurs 20 th	Art With Hilary	5pm
Mon 24 th	Virtual Advisers	1pm
Thurs 27 th	Ladies That Lunch	1pm
Thurs 27 th	Art With Hilary	5pm

September		
Tues 1 st	Bingo	5pm
Thurs 3 rd	Art With Hilary	5pm
Mon 7 th	Virtual Advisers	1pm
Thurs 10 th	Art With Hilary	5pm
Mon 14 th	Virtual Advisers	1pm
Thurs 17 th	Art With Hilary	5pm
Mon 21 st	Virtual Advisers	1pm
Thurs 24 th	Ladies That Lunch	1pm
Thurs 24 th	Art With Hilary	5pm
Mon 28 th	Virtual Advisers	1pm